

Cafe Mocha

Makes: 2 servings

Ingredients

1/3 cup milk (non-fat, dry)
1 cup water
1 cup coffee (brewed)
4 tablespoons hot chocolate mix
whipped topping (non-fat, optional)
cinnamon (optional)

Directions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

Notes

You can substitute 1 cup skim milk for the reconstituted non-fat dried milk.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	1 g	2%
Protein	9 g	
Carbohydrates	38 g	13%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	180 mg	8%